



MONTEREY NEWS

October 2003
VOLUME XXXIII · Number 10



The Town

Happy New Year! Any schoolchild can tell you that the annual cycle renews itself sometime around Labor Day—an opinion doubtlessly shared by many

teachers, administrators, parents, camp counselors, grandparents, school bus drivers, and the Park Commission. The summer greens are reluctantly yielding to gold and orange tints, and the first hard frost will not be long in coming now.

According to lunar cycles, the month saw the Jewish New Year ushered in as well, so it looks like any number of people are marking new beginnings. With any luck, this year the geese will fly south and make a new beginning there—but not on anyone else's beach, we hope.

The Select Board started the month with a visit from the new Southern Berkshire Regional School Superintendent, Valerie Spriggs, who reported that her first weeks in the district found teachers who were exceeding expectations, students who were ready to learn, and administrators who were finding their way into classrooms to observe and consult. Superintendent Spriggs has it in mind to solicit town input earlier in the budget process, especially as she foresees a difficult year financially due to cuts at the state level. She proposes doing a "needs assessment" study first (to be sure all needs are being met) and then developing a 5-year strategic plan with strong community involvement.

Also visiting the Select Board was William "Smitty" Pignatelli, who represents Monterey in Boston as our State Representative. Smitty discussed the cuts in state funding, tolls on the western portion of the Turnpike, high-speed Internet access in rural areas, and local real estate and job markets with constituents. Rod Palmer asked about the status of the process to obtain a public access site at Lake Garfield, and Representative Pignatelli promised to work with State Senator Nuciforo on the issue as well as consulting his own staff about the possibilities for public funding. The Select Board continues to look at three possible sites and to urge Town Counsel to resolve issues of ownership and other legal entanglements. The Select Board also



Larry Burke



Edith Ross

Joes Baker (above) discusses violin making and Joel Schick (below) describes how he develops drawings and stories into a book at the art and craft show.

reached out to constituents on Monday the 15th, visiting the group that regularly meets in the Meetinghouse in the morning for coffee and conversation.

Tempes Fugit Department

In order to find a better balance between the needs of town employees to meet with the Board and time needed to discuss citizen concerns, the Board has decided to use the 8:30-9:30 a.m. time slot of their Monday morning meetings to focus on employee business (such as meeting with the Director of Operations and the Chief of Police), although anyone is free to attend. Comments from non-employees will not be entertained during this reporting period. The floor will open to citizens after 9:30 a.m., generally on a first-come, first-served basis. The Board is also available to meet in the evening by constituent request. All town offices will be closed on Monday, October 13, for the Columbus Day holiday.

Jet Ski Bylaw

The Director of the Massachusetts Environmental Police has responded after reviewing the Town's bylaw, passed last spring, regarding personal watercraft use in Lake Garfield. It is the opinion of

Richard Murray, Director of the M.E.P., that the bylaw is "overly restrictive" and that the M.E.P. cannot approve such a measure as written. The letter goes on, however, to offer the opportunity of his working with the town to create a plan to deal with the use of personal watercraft in the lake, an offer the Select Board is eager to accept. Such a plan might involve anything ranging from a complete ban, which is what the voters endorsed, to restrictions regarding time of day, direction of travel, or speed. (See related article and complete text of letter on p. 3.)

Board of Assessors

The saga continues. Rick Mielke, who was appointed to the Board of Assessors at his request in August, has resigned, citing differences with the other two assessors (Stan Ross and Riccardo Boehm). The town had already paid over \$500 for Mielke's attending the assessor's course. The Select Board is soliciting

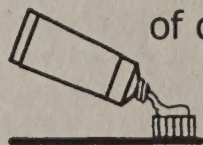
candidates to serve on the Board, and interested people should contact the Select Board or either remaining member of the Board of Assessors. The search for a professional Assessor is also moving forward. The Board of Assessors hopes to have things in order to send tax bills out October 10, accord to Ross. Tax bills must be paid within 30 days of postmark, so get your checkbooks out. Changes in the tax rate will be reflected in the second-half tax bills. (See announcement from Tax Collector on p. 6.)

Managing Solid Waste

Chair of the Solid Waste Management Committee Michael Feltser, who took on the job this summer, has resigned, objecting to Administrative Assistant Bonnie Jurgenson's giving her input to the Select Board regarding a proposal for a \$2 surcharge to be levied at the Transfer Station and collected by the station attendant for issuance of a permit

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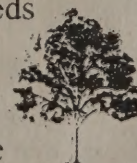
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to dispose of special items like refrigerators or TVs. Feltser had forwarded his proposal to the Solid Waste Committee for their consideration. Ms. Jurgenson serves as clerk to the committee. The Select Board will look to the Solid Waste Committee to elect a new chair.

Towns in western Massachusetts continue to recycle: a combined total of 47,053 tons of aluminum, glass, paper, and plastic recycled by 94 towns resulted in funds totaling \$95,275 being distributed to the towns by the Materials Recycling Facility, which is owned by the state Department of Environmental Protection. Monterey's portion was \$596. It pays to recycle!

Get a Flu Shot!

The Berkshire VNA will offer a flu and pneumonia vaccination clinic on Thursday, October 9, from 9 to 11 a.m. at the Town Hall. The fee is \$20 unless one is eligible for Medicare or Medicaid. People who should be certain to take advantage of the clinic include those who are over age 50, who have diabetes or other long-term health conditions that put them at risk, or who live with someone who does. National statistics reveal that 36,000 people die each year from influenza, and 100,000 or more are hospitalized. Why take the chance?

Town Hall

Progress is being made, although one nail at a time. Cardan Construction, the contractors, still promise to be finished by Christmas, although Director of Operations Maynard Forbes, who oversees the project along with architect David Bixby, says he thinks they are about a month behind schedule.

Building Inspections

Building Inspector Walter Potash has been felled by illness, and the Alternate, Brent L. Getchell, is picking up the slack. He reports lots of applications in and permits out, and will focus on organizing and reviewing specific projects. He will have office hours at Town Hall between 1:30 and 3:30 on Wednesday afternoons and is also available by telephone.

— K. Wasiuk

State Vetoes Jet Ski Ban

This past May at our Annual Town Meeting, Monterey voted to ban personal watercraft or "jet skis" on Lake Garfield. The lake is one of Massachusetts' "Great Ponds" and is therefore under the direct control of the Commonwealth. Accordingly, we requested consideration of our bylaw in reports to both the Attorney General of the Commonwealth and the Director of Law Enforcement, Mr. Richard Murray (and his staff of the legal division of the Massachusetts Environmental Police), because without their permission our bylaw would not stand.

The Attorney General responded as in all other cases involving Great Ponds: if the Massachusetts Environmental Police approved the bylaw, the Attorney General would also approve it. In response to our request of Director Murray, we soon received not a flat "No," but a request for further information.

Thanks to the efforts of Dean Amidon, Hy Rosen, and Nanette Hucknall, as well as other always-helpful and intrepid citizens of Monterey, we submitted a required lengthy document detailing Lake Garfield's usage and configuration. Without this further submission, our request for consideration of the bylaw could not have been honored.

On September 24th, I received a reply from Director Murray. Despite our effort we were unable to convince the Massachusetts Environmental Police's legal department that our request was reasonable. This time, however, Director Murray, in the letter which follows, has given specific suggestions regarding acceptable bylaws we need to consider when

planning any further suggested bylaws regarding personal watercraft, or jet skis on our lakes. His letter reads as follows:

"Please be advised that we have reviewed the town of Monterey's latest submissions of supporting documentation relative to the Town Meeting vote earlier this year that would prohibit the use of personal watercraft upon the waters of Lake Garfield.

"It is the opinion of our office that the prohibition of the use of personal watercraft upon the waters of Lake Garfield is overly restrictive and that the facts presented by the Town of Monterey do not support such a severe measure. Therefore, we cannot approve this by-law.

"Several years ago, our office worked closely with your community in developing boating regulations that made recreational boating a safer activity in the town of Monterey. We would offer to you that opportunity once again in addressing a plan for the safer use of personal watercraft on Lake Garfield.

"Other than a 'ban', the town may wish to consider other restrictions on the use of personal watercraft such as time of day use, direction of travel, or speed limits. Our office is more than willing to work with you in this regard."

The above being the case, should you have ideas and wish to help craft another bylaw, let me know if I can be of assistance. My work phone during the week is 528-5175. Saturday mornings from 9:30 to 12:30 I am in the main room of the Town Offices at 528-1443.

— Barbara Swain, Town Clerk



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*Above: Ellen Grenadier at the potter's wheel (photo by Larry Burke).
Right: Visitors to Theresa May O'Brien's table create some unique felt pieces of their own (photo by Edith Ross).*



Monterey Art and Craft Show Draws Large Crowd

The Monterey Cultural Council hosted its first "How's It Made?" event, an art and craft show featuring demonstrations by the 21 exhibitors, on Saturday, August 30, at the Firehouse Pavilion. It was an unqualified success, with hundreds of visitors, many of whom took home T-shirts printed with their own designs under the tutelage of Scottie Mills and Susan Hardcastle; the shirts were

provided by the Cultural Council. There was beautiful music during the day by Mountain Laurel, Bottom of the Bucket, and Allan Dean and friends.

The Cultural Council would like to thank: The Monterey Fire Company, especially Chief Raymond Tryon, for use of their fine pavilion and grounds; Bonnie Marks and the Monterey General Store for providing our food and beverages for the day; Scottie Mills and Susan Hardcastle for teaching (and managing)

printing with natural objects on fabric; our roster of talented musicians for enlivening the airwaves for our pleasure; Leonard Weber for our outstanding sign on Rt. 23; and the spouses and families of all board members who helped with the physical chores involved in putting on an event of this nature, especially Jack Ryder and Chuck Mielke.

— Joe Baker

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Land Preservation and Biodiversity in Monterey

On Saturday, September 13, a well-diversified group of Monterey residents gathered in the Fellowship Hall of the Monterey Meetinghouse to hear a presentation on local biodiversity by Scott Jackson, Program Director of U-Mass. Department of Natural Resources Conservation. Monterey is one of three towns in the Housatonic watershed selected for a focused study because of our special biodiversity, the remarkable number of different species found within the 17,304 acres of our hills and valleys.

The educational and entertaining program featured a lecture on biodiversity of the entire watershed from 11 a.m. to noon, and one on biodiversity in Monterey in particular from 1 to 2 p.m. There was time for a leisurely hour of intermingling and informal discussion over lunch, organized by Gige O'Connell and Joyce Scheffey, featuring with food for thought fresh from the gardens of Gould Farm.

The morning program got underway with more than just theoretical projections when Monterey Preservation Land Trust President Jon Sylbert gave environmental concerns some fiscal teeth by presenting a check for \$5,000 to Stanley Ross, Finance Chairman of Gould Farm. Claudette Callahan, President of the Gould Farm Board of Directors, beamed

Michael Storch



Jon Sylbert (l) of Monterey Land Preservation Trust presents check for Gould Farm preservation to Stan Ross as Claudette Callahan looks on.

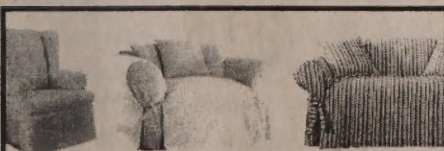
a smile of approval, as the money is to be used to support a program to put 200 acres of Gould Farm into Agriculture Land Restriction. The acreage intended borders the Curtis Road and Gould Road entrance to the farm, some of it bordering the Gould Farm Nature Walk and Wildlife Sanctuary. The sanctuary already encloses one and a half miles of Diane's Trail, which itself got its start with a grant from the Massachusetts Forest Stewardship Program.

As the biodiversity presentations proceeded with slide projection overlays of ecological classifications flashed upon actual topography maps based on photographs taken from an airplane at 5,000 feet, the methodology of identifying core

areas of diversity was explained. In Monterey itself, 90 percent of our land, or some 15,000 acres is undeveloped; 30 percent, or some 5,000 acres, is unprotected. About 17 percent of our land, or some 3,000 acres, is classified as biologically unique and quite remarkable for its extraordinary diversity, obviously to be treasured and preserved for posterity. This assessment of acreage obviously includes our lakes, rivers, ponds, and streams.

Monterey is blessed with a rich heritage of a diverse environment as well as the people and organizations that will prevent it from perishing over time before our very eyes.

— George Emmons



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arboretum n 1: a plot of land where trees and shrubs are grown for study or display **2:** your backyard

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Carol Edelman

Dancer/storyteller Bob Thomas, shown here in a July appearance sponsored by the Monterey Library and Cultural Council, will give a dance demonstration with his wife, Idy, at the October 11th Firemen's Ball.

Tax Bills

Tax bills for the first half of fiscal year 2004 will be mailed shortly. The due date will be printed on the bill—30 days after postmark. This is not a voluntary payment as reported in the September issue of the *Monterey News*. However, the tax amounts are estimated based on the 2003 amounts that were based on assessments as of January 1, 2002.

Mari Enoch, Asst. Tax Collector

Cultural Council Grant Application Deadline Oct. 15

The deadline for submitting your grant applications for the next year to the Monterey Cultural Council is October 15. Application forms are available at the Monterey Town Offices, and completed forms should be dropped off at the Town Offices.



Fifth Annual Firemen's Ball Set for Oct 11

The Monterey Fire Co.Ltd. cordially invites everyone to the Fifth Annual Fireman's Ball, to be held on Saturday, October 11, 2003, from 6:30 to 11:00 p.m. at the Monterey Firehouse.

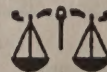
- * Cash Bar Cocktail Hour
- * Hors D'Oeuvres
- * Dinner Buffet
- * Special Entertainment Segment by Bob and Idy Thomas
- * Dancing To The Sounds of the Carlin Big Band
- * "Party" Dress or Firefighter Uniform
- *Reservations Required

For Additional Information, call 413-528-2982.

Lake Garfield Drawdown

The annual drawdown of Lake Garfield will start on October 15. This will be a full drawdown.

CHARLES J. FERRIS Attorney at Law



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Monterey, MA 9/11 Memorial Service September 11, 2003

9/11 Memorial Service at Monterey Firehouse

Members of the Monterey Fire and Police Departments stood at attention exactly two years to the very moment after the terrorist attacks on the World Trade towers and the Pentagon to honor those who lost their lives and those who gave their lives in an effort to save others, including passengers who overcame hijackers of the plane that crashed before hitting its target.

As is the custom of firefighters' ceremonial protocol to honor fallen comrades, the Stars and Stripes were lowered to half mast and the bell on engine #7 was slowly tolled in reverence and remembrance of that day, which in the words of Franklin D. Roosevelt describing the attack on Pearl Harbor, will go down in infamy in the history of our country.

The service was blessed with a prayer for healing by Pastor Elizabeth Goodman of the Monterey Church of Christ. Then EMT Captain Del Martin recited the

prayer for firefighters, a moving oath of allegiance for First Responders made in dedication to protect the populace under just such emergencies.

While citizens held their hats to their hearts, the service was concluded with bagpipes playing "Amazing Grace" as Old Glory was ceremoniously raised to proudly unfurl above those standing below in a reflective moment of thoughtful remembrance. It was a time to ask for God's blessing on our country and on our finest.

— George Emmons

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Greener Energy Available

Last month I attended a breakfast meeting held by the Center for Ecological Technologies (CET) on Greener Watts New England. CET and their sister organization Conservation Services Group (CSG) have conjoined to develop a program with Mass Electric to facilitate bringing green energy to the grid. The more of us who opt to pay the small premium for Greener Watts, the more greener watts Mass Electric will use—and the less energy WE use the less our monthly premium. The amount of kilowatt hours the household or business uses, will determine the amount of the surcharge. For the mathematically unchallenged, the premium is arrived at as follows: $0.019 \times$ number of kWh = \$ premium added to our bill. This could add up to \$3 to \$12 per month, depending on usage.

Did you know that every time we switch on a light we are using a lot of fossil fuel of one kind or another? As Laura Dubester of CET put it, "We have to begin to think about where our electricity comes from and what is its actual cost to our planet, our country, and our community."

Laura also pointed out that it's rather like Public Radio: those of us who join the effort and pay for it allow those of them who don't the privilege of tuning

in—or in our case "turning on" green energy for everyone. However, unlike Public Radio, if more of us opt into the program, the amount of conventional power issuing forth from polluting older power plants will reduce incrementally. It's as if every \$5 put into good Public Radio took 5 minutes away from bad.

There were a lot of good questions at the meeting. Steve Cowell of CSG answered many of the more technical ones. People were naturally interested in the surcharge—who got the money, and what is done with it. Steve explained it well, and it's not uncomplicated, but probably less so than explaining how much taxpayer dollars go into supporting, as Steve put it, "the polluting jalopies of yesterday," the old plants, which do not meet clean air standards, yet are still operating. The share of the polluting energy that these plants are now able to sell to the grid will shrink incrementally *based on the extent of our participation.*

As we know, the big power corporations are heavily subsidized by our tax dollars. However, government is slow to move in new directions toward change. Great events come from the commitment and out-of-pocket expenditure of the likes of us, the grassroots, while corporations have only to ask, it seems, and they receive.

But come it will sooner or later, just as did Social Security, Medicare, and so many of our great social programs. It takes patience and continuous prodding of the powers that be. Mass Electric is

committed to the program, whether they like it or not—and so must we be.

I am happy to say that we had quite a contingent from Monterey at the meeting. There were at least fifty people attending and we were six of them, if my head count was accurate. Rita Kasky and Dan Lacey from Gould Farm were there. Rita is on the Board of CET and is hoping to see Greener Watts implemented at Gould Farm one day. Bonner McAllester, Pete Vallianos, Storrs Olds, and I made up the rest. Did I miss anyone? I would love to see the Town of Monterey be the first Berkshire town to sign on. It seems to me, as I recall the 1980 effort "Monterey Lights The Way," that this is entirely possible. It is so important to get our local governments and businesses around New England to "see the light." We could be first!

Thank you, CET and CSG. Greener Watts is a fantastic first step toward clean energy for our future.

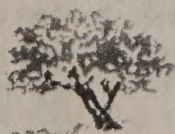
You will be getting a sign-up form in your next electric bill (or perhaps the one after) or you can go to the website below and use the form there. The site also has all sorts of interesting information for your perusal.

You can e-mail info@greenerwattsnewengland.org or visit CET's website, www.cetonline.org, to get all the answers, technical and otherwise. Or call CET's Ruth Dinerman at 413-445-4556.

This is really exciting stuff!

— Joyce Scheffey

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Literacy Network Offering Tutor Training

The Literacy Network of South Berkshire (LNSB), a one-on-one adult literacy program based at the Lee Library, is offering a hands-on, five-session training for volunteers wishing to learn how to teach adults basic reading and English as a Second Language and to help prepare them for the GED (high school equivalency exam). Given the downturn in the economy, the Literacy Network has an increased need for new tutors.

The training will be held at the Lee High School, 310 Greylock Street in Lee. All sessions are free and will run from 6 to 9 p.m. Space is limited, and those interested should call 413-243-0471 or e-mail karens@litnetsb.org by October 13 to register or for more information.

The training begins with an Orientation Session on Monday, October 20, at 6 p.m. and will focus on the Literacy Network and "The Adult as Learner." The training continues Wednesday, October 22, and Monday, October 27, and will focus on learning disabilities, the components of reading, and how to teach reading. All three of these sessions will be led by Literacy Network cofounders Zoë Dalheim and Peg Smith who are specialists in teaching adults with learning dis-

Highland Communities Initiative October Events

Foraging for Wild Edible Plants and Mushrooms: Oct. 4, Tyringham Cobble, 1-4 p.m.

During this walk with expert-forager Russ Cohen, participants will learn tips on how to identify, safely harvest, and prepare wild edible plants and mushrooms. The walk will begin at Tyringham Cobble in Tyringham and include some of the nearby trails, including the Appalachian Trail. Free, preregistration requested.

abilities and teaching adults how to read. Joining them will be Karen Shreefter.

The final sessions, Wednesday, October 29, and Thursday, October 30, will examine "Teaching English as a Second Language." The Wednesday session will focus on individuals with little or no English and will be led by Literacy Network ESOL Coordinator Judy Waters. The Thursday session will focus on those individuals with some English and will be led by ESOL Specialist Christine Polk.

For over a decade the Literacy Network has trained almost 300 volunteer tutors to work with adults in South County. Tutors and students meet at mutually convenient times and places.

Anticipating Changes to Title V: Oct. 8, Becket Town Hall, 7-9 p.m.

With changes on the horizon to Title V, the Mass DEP law that regulates percolation and septic systems, the amount of developable land may drastically increase in some towns. This session will provide an overview of Title V, the proposed changes that will take affect in January 2004, and discuss some of the zoning bylaws that can fill the regulatory void. The program is free and open to all.

Is a Growth Cap Right for our Town? Oct. 28, New Marlborough Town Hall, 7-9 p.m.

In order to keep the amount of growth predictable and steady, many towns are considering phased growth bylaws that cap the number of building permits allowable in each year. This informal session will provide an overview and an opportunity for a balanced discussion regarding the pros and cons of a phased growth bylaw or building cap. Free, open to all.

To register or for more information on any of the above events, contact Wendy Sweetser at (413) 587-0716, ext.14 or wsweetser@ttor.org.



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The Dreamer

Give me an ivory-gated dream
in a cave feathered with ice —
the pluperfection of my pleasure
lies past the portals of desire
in other landscape
where the patterns of breathing
are music stranger to the tongue
and words are brushed with lips
from the brow of ones beloved
tenderly, aching
to be understood.
Senseless, as radishes
are firmly shaped
and crusty
so are the separate buds of
thought one plucks while listening
random to another.

My hand reaches with branches
of fire
and I cannot see your face
but you are there
needing me —

when an interruption of horses,
flying manes like flags
scatters everything with
a hollow contumely of hoofs
and I forget.

Sadness waiflake sits
in a corner mist
and we are whimpering our loss.

I sigh, and a golden wave
of longing sweeps me up surging
to a crest which foams with
spraying stars, seeds, and wishes
children are shrieking with joy —
I turn away
childless and look for you again,
but you are utterly —
and I am tired now of searching — gone.
I lie down
finally
in the brown folded
corduroy of sleep.

— A. O. Howell

september evening (for C)

show me a garden
and I'll show you an angel's face
show me your angel face
and I'll fill it with zinnias
show me your flowers
and I'll help them up the mountain
show me your rock
and I'll lay my hands on your back
show me your scars
and I'll read you the history of great ponds
show me your swimming hole
and I'll show you where the bats flirt
on hurricane evenings
show me your september evening
and I'll bring you my garden

— Boney Oscar

Meteorologists

"A mix of sun and clouds," they often say,
as though that were a cocktail you could blend.
"A chance of late-day showers," every day;
you hesitate to do what you had planned.
"Cooler in the hill towns," they assert,
yet do not say what constitutes a hill.
Of thunderstorms, they're likely at the start
to name a "watch," before a "warning" call.
"Torrential rains, and possibly some hail,"
we learn, "could spark a flood emergency."
Yes, come what may, said experts never fail
to tell us, in detail, how it will be.
It's very rare that they're completely wrong,
for Nature, usually, will play along.

— Edwin Schur

"Future of Highland Communities" Conference

On September 20, over 140 people gathered at the Gateway Regional School in Huntington to discuss and explore strategies for sustaining the landscape and community character of the Highlands region. "The Future of the Highlands: Strategies for Sustaining Rural Communities" provided an opportunity for municipal board members, land trust volunteers, and concerned citizens to discuss solutions and strategies that address the challenges to the rural quality of life in the 38-town region. The event was sponsored by the Highland Communities Initiative, a program of The Trustees of Reservations.

Three morning sessions provided participants with ideas for protecting local resources, such as the distinctive architecture of the Highlands towns, the exceptional ecological communities found in the region, and the farm and forest-based resources that have helped define the landscape and economies of the region. The conference also featured two sessions focused on community action: how to implement local plans, and how to facilitate and generate change by creating consensus within the community. Another session described the methods and results of Cost of Community Service studies that the American Farmland Trust has spearheaded, and how these studies apply to the rural communities of western Massachusetts.



In his keynote address, Tom Alworth of the Catskill Center for Conservation and Development relayed the experiences of the Catskills region in New York, another rural region facing the challenges that accompany strong growth pressures. Mr. Alworth emphasized the need for communities to balance conservation with environmentally compatible economic opportunities, and he encouraged the audience to get all the local stakeholders around the table in the planning and decision-making process to ensure successful outcome.

To close the day's event, conference attendees identified the challenges facing the region and suggested action steps and strategies that would assist the work of town boards, land trusts, and HCI in preserving regional character. Participants encouraged HCI to continue its current efforts in improving the communication

between communities, and in providing support to the 38 towns through training programs, technical assistance to municipal boards and land trusts, and a small grants program. Participants thought that both HCI and the Highlands communities should broaden their existing education and outreach programs to further highlight the special resources of the region, address the existing zoning regulations that can hamper local planning efforts, and work with the communities to identify options that would both encourage suitable economic development and allow the region to maintain rural character.

The Highland Communities Initiative is a grant-funded program to promote land conservation and community preservation in rural western Massachusetts. Underwritten by the Wyomissing Foundation and administered by The Trustees of Reservations, HCI is working to preserve the natural and cultural landscapes in the Highlands region: the 38 rural towns that lie between the Connecticut and Housatonic river valleys and the Connecticut and Vermont border. HCI works with the 38 towns of the Highlands region by supporting local land protection and community preservation efforts. Through research, education, communication and support of open space and planning initiatives, HCI is working to assist the 38 Highland communities in preserving their rural heritage.

Founded in 1891, the Trustees of Reservations is a member-supported non-profit conservation organization that preserves, for public use and enjoyment, properties of exceptional scenic, historic, and ecological value in Massachusetts and works to protect special places across the state. Today, The Trustees owns, manages, and interprets over 94 reservations totaling over 23,000 acres of land, and protects more than 14,200 acres through conservation restrictions on over 200 parcels of private land.

To learn more about the Highland Communities Initiative, contact Jocelyn Forbush or Wendy Sweetser at the Northampton office of the Trustees of Reservations at 413-587-0716.

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Cheese—Milk's Leap toward Immortality

Rawson Brook Farm Celebrates 20th Anniversary

When I tell people that I live in Monterey, I often hear, "Oh, Monterey— isn't that where that wonderful goat farm is?" I nod proudly for I, like so many of my neighbors, take great pride in living in a town known for its goat cheese, a place where we and our children and our children's children and our guests and hordes of others can watch the goats being milked, ask questions, pet the cats, and enjoy the feeling that we're visiting hallowed agricultural ground. And this month Rawson Brook, "that wonderful goat farm," celebrates its twentieth anniversary.

Cheese is the oldest manufactured food in the world, so twenty years isn't all that long in the grand scheme of things. And since the Pilgrims brought goats to America, the history of goat cheese in America is venerable. But contemporary enthusiasm for *chevre*, as we now call it, stems from the "back to the land" movement of the 1960s. Put in that context, twenty years of making goat cheese is a considerable achievement. On Sunday, October 12, from 1:00–4:00 p.m., we can all thank Susan Sellew for sticking it out at Rawson Brook Farm, a landmark feat

for a small farm in a country that loses thousands of farm acres annually.

Rawson Brook keeps three types of goats, with the majority being hardy Alpines that can thrive in almost any climate. Susan also has Saanens, considered by some to be the "Holstein" of the goat world because of their ability to produce huge quantities of excellent milk with low butterfat. When you see an all-white goat come out for milking, chances are that it's a Saanen. The third breed at Rawson Brook is Nubian, comparable in quality to a Jersey cow, producing a lot of good, high butterfat milk that gives richness to the cheese.

As Susan says, "The more fat and protein in the milk, the better the conversion to cheese." Although often goat milk has about the same amount of butterfat as cow milk, the goat milk doesn't have the heavy creamy taste of cow's milk. Goat cheese tastes lighter than other cheeses, but the cream is definitely there.

Rawson Brook goats are bred in October and freshen (give birth) in March, which is when milking resumes after a several-month hiatus. When the babies are born, the mother's milk is very rich, with a lot of protein and fat. "By the middle of the summer," says Susan, "the butterfat gets as low as 2½ percent."

This year Sellew's herd numbered 47. "We always have about 50," she says,

"but more than that actually cuts down on production, due to overcrowding the in the barn." In a good year, each goat will produce about 2,000 pounds of milk. The amount of cheese made from the milk varies by season, with a 1,000-pound batch in midsummer producing about 140–150 pounds of cheese. In contrast, it takes only 800 pounds of milk to make the same amount of cheese in mid-September.

Rawson Brook makes its goat cheese until the first week in January, although you can buy it during the several off-months because it freezes well. "You can successfully freeze even cheddar cheese if it's wrapped properly," says Susan. "Soft goat cheese, though, is easy to freeze. It does have to be tightly sealed so it doesn't dry out," she cautions.

Among certain segments of the public, there is a growing interest in raw milk and its products. Raw milk cheese is a tempting thought for Susan, but she is quick to acknowledge the problems of not pasteurizing her goats' milk. "Actually I found it hard in the beginning to get over the fact that I'd have to use pasteurized milk to go into the cheese business. I've

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believed for years that raw milk is a way to bring back our health, to reduce the antiseptic environment in which we live."

Americans can buy cheese made with raw milk, but only if the cheese has been aged for sixty days or longer, a requirement based on the fact that pathogens can't live in the acidic environment of the cheese longer than that. "I still have mixed feelings about pasteurization. I'd love to be able to make my cheese with raw milk, but I sell very young cheese so I can't."

The popularity of goat cheese in America began as part of the "farm fresh, back to nature" movement initiated by Alice Waters in the late 1960s. "Cheese was an integral part of this philosophy, and a lot of attention is paid to cleanliness in cheese making. The concern for flavor and the attention paid to the careful raising and tending of animals was very much a part of that movement, as was the concern for our food sources," she continues. Despite the attention lavished on cleanliness in making goat cheese, young cheese must be pasteurized.

In addition to the pasteurization versus raw milk discussion, there is the issue of organic certification. As Susan says, "In my garden and everything I do with my soil, I'm a dedicated organic gardener. But the goat business presents a few problems for my becoming certified. It's hard to find a consistent supply of organic grain and oats, and without organic feed, you can't be 'organic.' Also, if a goat gets sick, I give her an antibiotic, typically penicillin, which passes through her system within 72 hours. I run an antibiotic residue test on every batch of milk before it's pasteurized, and I do the same on a goat that has been treated to

make sure her milk is clean. But, current national organic certification requires that any animal treated by antibiotics be eliminated from the milking herd permanently, and that's extremely costly to a small producer like Rawson Brook."

Whatever problems Susan faces as a goat farmer and cheese maker, there is universal appreciation for her product. Rawson Brook Farm Monterey Chevre is listed specifically on many menus around Berkshire County, testimony to chefs' beliefs in the quality of the cheese and the integrity of her farm. Some of those chefs will be on hand on Sunday, October 12, from 1:00-4:00 p.m., serving up a wide variety of food prepared with her chevre. Susan and her staff are preparing some of their favorites, too. Susan is also planning to bake the baguettes that will be used as dippers. Cider and local wine will be served, and the party will end just before milking time, so guests can stay to watch an integral part of the cheese making process.

This year Rawson Brook sold T-shirts commemorating their twentieth anniversary. "We'll be selling what we've got left that day," says Susan. "Anyone who wears an old grey Monterey chevre T-shirt will get a tub of cheese," she promises. "We want to thank the community for all of their support."

Well, the community wants to thank Susan Sellew, former partner Wayne Dunlop, and the entire Rawson Brook staff, past and present, for creating and maintaining Monterey's unique contribution to the cheese world. We can do so on October 12, rain or shine.

— Laurily Epstein



Household Hazardous Waste Collection

A household hazardous waste collection is planned for Monterey and other towns in the South Berkshire Collaborative on Saturday, October 18, from 9 a.m. to 1 p.m., at the Great Barrington Recycling Center, Route 7, across from Monument Mountain High School. The program is free, but an appointment is required.

Most products that have labels with the words "caution, toxic, poison or flammable" can be brought to the collection and should not be discarded in the trash. Paint thinners and solvents, pesticides, gasoline and drain cleaners are examples of acceptable items. Products that contain mercury, such as fever thermometers and button batteries, found in watches and hearing aides, are accepted. Rechargeable cell-phone and tool batteries are accepted as well. Alkaline batteries can be disposed of in household trash.

Latex paint will not be accepted. Empty or dried up cans of latex paint can be disposed with the regular trash. Empty cans of oil based paint, stains and solvents can be disposed with the regular trash as well.

Residents who bring their mercury fever thermometers can receive one free non mercury replacement. A broken fever thermometer can cause health problems when one inhales the mercury vapors, or when the skin is exposed.

To make an appointment, or for information about what can be brought to the collection, go to <http://www.cetonline.org/Events/events.htm#collections>, call CET at 1-800-238-1221, or e-mail jamiec@cetonline.org.

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Dry Beans and Apples

I could make it through the winter without my dry beans and apples. Sometimes lately I think about people on the other side of the world who have no roof over their heads, whose roof has been blasted by my tax dollars, and I wonder how they will make it through the winter. Do they have dry beans and apples? How will they store them now that I have blasted their roof?

Shelling dry beans and cutting up apples makes me contemplative. This morning Joe came downstairs for breakfast and spotted me on the kitchen floor with a big basket of black turtle beans in the pods. I'd gotten them in before the last downpour and was working them out of their strong papery pods into our bread-mixing bowl. The little black beans are solid and matte. At first they go "ping" when they hit the bowl, and then after an hour or so they rattle a little as they hit the deepening pile of hundreds of black beans. Joe looked at me with my busy fingers and quipped, "It's not enough to keep the mind alive." He was quoting a comedy record we have about coal mining.

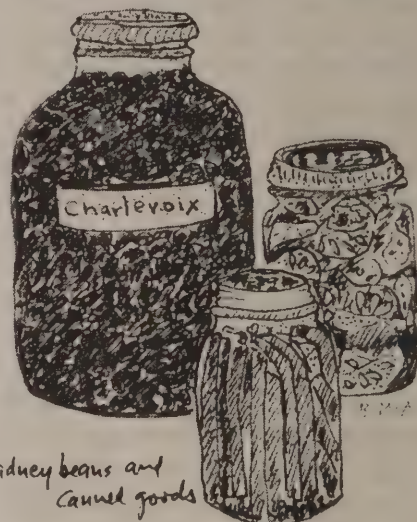
I don't knit, but I think if I did I might make many mistakes as my mind took flight, quickening like a jet on a runway. This morning as I worked on the beans I was remembering some video footage I'd seen on BBC of two little boys in one of the former Soviet countries where there has been little rain and where the infrastructure is in such disrepair that water can't be gotten to the fields. These children search the parched ground for the underground seed caches of mice and voles. If they find a handful of grass seeds they are in luck and they take it home to help feed the family. Is there a roof at home?

I am putting up food for the winter, like those mice in Tajikistan. I grow the beans in my garden, save the best ones for seeds (two years' worth, in case of crop failure next year), and put the rest in gallon jars. We have mice here in Monterey, too, and they can't get into the glass jars.

We have an apple orchard, but this year it did not do well. The spring was so rainy I couldn't keep the clay spray on the trees long enough to discourage the curculio beetles. Here in the New England woods we have hundreds of apple trees gone wild from earlier homesteads. I can always pick up enough wild apples to slice and dry some. Once Joe and I built a fancy drying device from an oil drum, following plans in *The Mother Earth News*. It turns out the best way to dry

pieces of apple is to spread them on screens and hang them near the ceiling. Even in drippy weather they will dry there in a few days. Then they go into glass jars, like the beans, and even though I could make it through the winter without them, I don't have to this year. I wish it were so for the kids of Tajikistan. I wish it were so for the beavers in Lake Garfield.

After I'd done my daily dozen on the bean project this morning I went down to



Kidney beans and
Canned goods

the lake to check on things. It was early so the water was still except for one startled duck and then my own aquatic dog. The lake is full, after so much rain. It's hard to believe that by this time next month the whole east end will be a mudflat when the

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gate is opened in our town's annual draw-down. Meanwhile, the beavers that live here proceed as if a stable water level were something they could count on. Their house is big, rising out of the shallow east end like some kind of glacial anomaly in an otherwise flat plain. Inside there is a social family and if you are lucky you can hear them muttering and mewing to each other at dawn or dusk.

This family has been hard at work, just like me with my glass jars of winter provisions. They travel out to the edge of the lake or swamp and cut alders, birches, little red maples, poplars. Then they swim them back to the area near their lodge and dive down to anchor the sharp ends in the mud. Sometimes they even weight these down with a big rock to keep them from floating up to the surface. The idea is to fill the "larder," the water between the bottom of the lake and the roof of winter ice that is coming, with twigs and small branches. All winter the beavers can swim from their lodge, under the ice, to snip sections of branches which they carry back and up inside to the dry shelf where they sit and nibble off the nutritious bark. When the stick is nibbled clean it is discarded, out into the lake.

This is the plan, but of course something is coming that will make it all meaningless. After a last glorious weekend of boating on our lake, we will pull the plug.

Compost Those Leaves

If you typically collect your leaves, bag them up, and send them to the garbage, maybe now is the time to try a more environmental and economical option—COMPOSTING! Composting is a process in which organic material decomposes, and the decomposed matter can then feed the plants and trees in your garden. Turn yard waste (along with vegetable scraps from the kitchen) into a natural fertilizer. Compost adds essential nutrients and im-

By mid-October the beaver lodge will sit high and dry on a mudflat. The carefully filled larder will be exposed. The beavers will have abandoned their lodge and gone. Will they make it through the winter? Maybe they will. Maybe the boys in Tajikistan made it though the winter, with no roof and no larder.

With my good roof and full larder I stand a better chance than some of making it through the winter. The food I grow and put up is so good, so fine for me and my family, sitting together under our strong roof. It is so delicious already—how would it be if we could eat together in our warm kitchen, knowing the boys and the beavers had it just as good as us? We can only guess.

— Bonner J. McAllester

proves soil structure. It increases moisture and nutrient retention in the soil, allowing plants to grow stronger roots. And plants with healthy root systems are better able to withstand drought, pests and other stresses. Compost piles don't have to be fancy; bins can be homemade or purchased at the town hall. If you only compost leaves, you may not need a bin at all.

Tips for composting leaves and yard waste:

- remove litter, run the lawn mower over leaves to reduce their size (this will speed up the composting process)
- chop up stalks, vines, large twigs, straw, or hay

Advantages of composting:

- enriches soil, helps grow healthy plants.
- reduces the quantity of garbage requiring disposal
- saves local disposal costs
- reduces reliance on petroleum-based fertilizers

For more information, go to www.cetonline.org to download a fact sheet on "How to Make Healthy Compost". For information on home composting, how to make a bin, or where to purchase one, contact Jamie Cahillane at 1-800-238-1221 or jamiiec@cetonline.org.



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Summer Reflections

The month I spent this summer traveling in Ireland and the UK was one of the most enriching and exciting times of my life. I learned about the program, Experiment in International Living, through a longtime family friend who had gone on an Experiment trip about twenty years ago. In addition to financial help from the Experiment, her parents were also instrumental in my participation. Before the trip I was nervous, in a good way. I didn't really know what to expect. Was I going to like the people, the leader, and the outdoor activities? These worries eventually turned into experiences, ones I will never forget.

As we moved from place to place, it was almost impossible for me to comprehend how lucky I was to have this opportunity. It just wouldn't sink in, and even now I find it hard to believe that I wasn't dreaming. I enjoyed every place we went. They were so different and gave such a well-rounded experience. We went to the beautiful Isle of Skye, the rural Aran Islands, the ritzy Isle of Man, and of course London, to name a few.

I was also really nervous about hiking and the outdoor activities in Scotland because I'm not an athletic person. When we got there, the scenery took my breath away. I found myself having more fun doing outdoor activities than I've ever had in my life. I gained so much confidence in my abilities as a person and the knowledge that it was okay to do something new and not have to be good at it so long as I had

fun. I did have fun; that was the most rewarding part of our trip, at least for me.

Another part of what made this trip so amazing was the group I was part of. To begin with, we were from a huge range of states: Arizona, Mexico, California, Washington D.C., and all over. There were three girls from India including me, and a Native American. In addition to learning about the cultures we visited, we got to learn about each other's lives. We bonded early on, the quickest I've seen any group bond. By the end of the plane ride, we already felt like family and we grew closer as each day passed. We created adventures and little moments. There were moments that only we shared: playing card games, laughing about some of the large suitcases, and gossiping late at night. Toward the end of our trip we started to cling to each other. It was subtle for some, but we all knew by London that we were going to have to say good-bye. We had so many good memories that only we would truly know. I mean, how many times does a group of kids get to travel for a month abroad with the coolest leader?

Ah yes, the leader, the fearless leader. I wasn't sure what to expect from Chris when I saw him at the airport. By the end of the trip I still wasn't sure what to expect; he was so good at his "job." He made it seem effortless. He bonded with each of us in a different way, encouraged

us to be daring, to listen to each other, not to pass judgments, and he used his amazing powers to keep us working together.

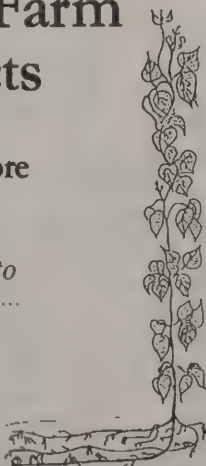
On our last night in London, we all gathered in a circle in Hyde Park and had a closing ceremony. Chris told us that what we had experienced over the last month was something only we would be able to relate to. He warned us that while our friends and family would enjoy our photos, they wouldn't be able to truly relate to our journey. "Call each other up if you're feeling lonely," Chris said. He also mentioned that some of us may never see each other again. It was hard hearing these things. Finally he took a ball of yellow yarn and threw it to me while holding the end. It was passed around the circle, creating a web, and each of us said something about how the trip affected us. Then we cut the string; a bit of it is now hanging on my backpack.

The realizations I gained from this trip are amazing; one struck me about a week after my return. It had been a long time since I'd been that happy to be alive. Each day called to me, no matter how tired I was, I wanted to feel alive. It was the first time where day after day was good, no bad days. I laughed, cried, explored, tested myself, and made new friends. As I start my junior year I'm already realizing what a huge effect this trip has had on me as a person. I've

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Girls and Boys of Summer

The 2003 Sunday morning Monterey pickup softball games have come to a close (officially, at least) after another year of impressive participation in our national pastime. A thirty-year tradition, games were so well attended that there were occasionally three teams playing round-robin, and aside from a few laughers, competitive teams kept the scores close. Pictured are some, but not all, of the many participants, all of whom are grateful for Greene Park and the ball field.

Back row, left to right: Ben Zweig, Dan Zweig, Peter Vallianos, Jeremy Vallianos, Ben Weisgal, Dave Marino, Chris Bradley, Chris Gregor, Steve Cowell, Zeb Ely, Bill Zappone, Trevor Breakenridge. Front row, left to right: John Chiaramonte, Bryan Weisgal, Jeff Carey, Alisa Carey, Rudy Bach, Jen Gillis, Jay Reed, Dan Gillis, Jon Sylbert. Not shown: Ira Transport, Charlie Rothschild, Steve Miller, Al Silversteirn, Laura Dubester, Katie Vallianos, and many others.

matured, I'm more patient, I'm more organized, more grown up. I'm so grateful to everyone who was involved with this trip and made it possible for me to go.

I'm nervous now, again, because I'm afraid that no matter what I get to do in the

future, nothing could equal this experience. How do you top something like this? I'm starting to realize that you don't have to. You can strive to feel as excited about your everyday life. I reached a new understanding of life on this trip. Now I have a goal: to enjoy myself in my daily life as much as I did on this Celtic Odyssey.

From this trip has come wisdom and maturity that I know was a result of working with a group and dealing with dynamics that help you grow internally. An unbeatable summer, unforgettable experiences—now that's a successful experiment.

— Tarsi Dunlop

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Lake Weeds and Drawdown

To the Editor:

I love to swim ... my breathing ... and my stroke ... in mantra-like synchronization ... taking me to a place ... of unsurpassed peace ... and well-being ... UNTIL A WEB OF WEEDS RUDELY BRINGS ME BACK TO THE REAL WORLD.

I know a lot of swimmers whose weed-wrestling forces them to give up their swimming as the summer and the weeds progress. Lake Garfield's winter drawdown—which I believe has been done for over forty years—helps reduce the weeds. In the past it has begun on October 1st, giving critters lots of time to relocate, if necessary, before winter arrives. Even with drawdown, we have a very weedy lake. I, along with the vast majority of Monterey residents, cast my vote for drawdown.

— Hy Rosen

Leeches Revisited

To the Editor:

I really enjoyed reading Bonner McAllester's article on "swimming with the leeches."

I don't think leeches have had such good press since the Middle Ages; but they're not everyone's cup of tea.

As Bonner mentions, the saliva of the leech does contain hirudin; I'm not aware of any "preservative" effect of this agent, but I do know that it's a potent anticoagulant, which I have given therapeutically (trade name Hirulog). Although this may sound (to quote a certain alleged securities law violator) like "a good thing," it may not be so good for someone already taking anticoagulants.

As far as Bonner's statement that she "likes to swim in water where there are leeches because it means the water is not polluted," there are some who would disagree with her. (See McDonald, et al, 1990, Citizen Stream Monitoring: a manual for Illinois. Illinois Dep't of Energy and Natural Resources. This manual states that "the abundance of leeches are generally considered indicators of very poor water quality, especially in running waters.")

Leeches, when used in therapeutic excess, have also been known to cause death (see: George Washington, believed to have died from excessive leeching by his physicians).

Leeches in addition, have intestinal bacteria (*Aeromonas hydrophila*), which though rarely pathogenic, can in certain instances produce significant infection.

Personally, like Bonner, I do hold leeches in higher esteem than I do jet skis, but if I had my way I would rather swim in a lake with neither.

— Richard Edelstein, MD, FACC

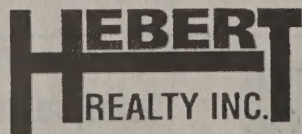
Democratic Town Committee Meeting

The Democratic Town Committee will meet on Thursday, October 16, 2003, at 7:00 p.m. at the Monterey Firehouse. The purpose of the meeting is to nominate candidates for election to the Democratic Town Committee. The committee is eligible to have 24 active members plus a slate of alternates.

The committee's efforts are dedicated to the identification and nomination of candidates for town elections. The committee also participates in state elections through the dissemination of information and the election of representatives to state Democratic Party conventions.

The meeting will also discuss the possible amendment of the bylaws regarding the eligibility of candidates to receive Democratic Party nomination.

All enrolled Democrats are invited to attend. If you are not currently registered as a Democratic Party member but would like to do so, please contact Town Clerk Barbara Swann at 528-5175. For further information about the meeting or the Democratic Town Committee, please contact Charles Ferris at 528-8900 (days) or 528-0732 (evenings or weekends).



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Open Mon – Sat, 7:30 am – 6 pm
Sun, 8 am – noon

Calendar

Every Monday (exc. holidays): Select Board meeting, 8:30 a.m.–noon, Town Offices.

Monday, October 6: First day of Yom Kippur.

Thursday, October 9:

Flu Clinic, 9:00–11:00 a.m., in Town Offices.

Free blood pressure clinic, 2:30–3:30 p.m., Town Offices, administered by Visiting Nurses Assoc.

Friday, October 10: Full Moon

Saturday, October 11: Firemen's Ball, 6:30–11 p.m., Monterey Firehouse. See p. 6.

Sunday, October 12: Open House at Rawson Brook Farm. Celebrating 20 years. Food and farm fun. 1–4 p.m. See p. 12.

Wednesday, October 15:

Lake Garfield drawdown begins.

Deadline for submission of Cultural Council grant requests.

Saturday, October 25:

Square and contra dancing, 8:30–11:30 p.m., Sheffield Grange, Rt. 7,

Sheffield. Music by Mountain Laurel, calling by Ralph Sweet. All dances are taught, beginners and children are welcome. Adults \$6, children \$3. Information 528-9385.

Sunday, October 26:

Daylight Savings Time ends. Clocks forward one hour.

Transfer Station goes on winter hours.

Friday, October 31: Halloween; trick or treat hours in Monterey are from 5 to 7 p.m.



The Observer

August 26–September 25

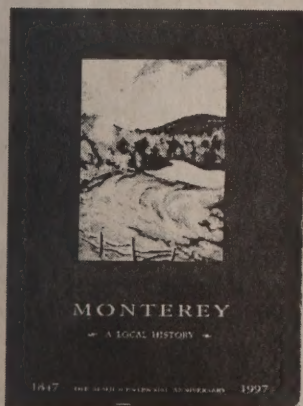
High temp. (8/28)	78°
Low temp. (9/11)	42°
Avg. high temp.	69.8°
Avg. low temp.	50.4°
Avg. temp.	60.1°
Total rainfall	5.66"
Precipitation occurred on 15 days.	

Contributors

We are grateful to the following readers for recent contributions to the *Monterey News*.

John & Stella Bodnar
Jean Germain
Ann Tarbell
Donald & Carol Welsch
Barbara Henry

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UNITED CHURCH OF CHRIST
MONTEREY, MA 01245

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Contributions from local artists this month:

Pat Arnow, pp. 3, 11; Bonner McAllester, p. 14;

Glynis Oliver, pp. 13, 19.

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